

# Child and Adult Care Food Program • Weekly Menu for Infants

Infant's Name:

Age:

|             | 0 through<br>3 months                                       | 4 through<br>7 months <sup>5</sup>                                          | 8 through<br>11 months <sup>5</sup>                                                                                  | Month and Day      Year: |              |                |               |             |
|-------------|-------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------|--------------|----------------|---------------|-------------|
|             |                                                             |                                                                             |                                                                                                                      | Monday<br>/              | Tuesday<br>/ | Wednesday<br>/ | Thursday<br>/ | Friday<br>/ |
| Breakfast   | 4-6 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 4</sup> | 4-8 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 5</sup>                 | 6-8 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 7</sup>                                                          |                          |              |                |               |             |
|             |                                                             | 0-3 Tbsp. iron-fortified dry infant cereal ( <b>optional</b> ) <sup>6</sup> | 2-4 Tbsp. iron-fortified dry infant cereal <sup>7</sup>                                                              |                          |              |                |               |             |
|             |                                                             |                                                                             | 1-4 Tbsp. fruit/vegetable <sup>7</sup>                                                                               |                          |              |                |               |             |
| AM<br>Snack | 4-6 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 4</sup> | 4-6 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 4</sup>                 | 2-4 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 5</sup> or fruit juice <sup>8</sup>                              |                          |              |                |               |             |
|             |                                                             |                                                                             | 0-½ slice bread or 0-2 crackers <sup>9</sup> ( <b>optional</b> ) <sup>6</sup>                                        |                          |              |                |               |             |
| Lunch       | 4-6 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 4</sup> | 4-8 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 5</sup>                 | 6-8 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 7</sup>                                                          |                          |              |                |               |             |
|             |                                                             | 0-3 Tbsp. iron-fortified dry infant cereal ( <b>optional</b> ) <sup>6</sup> | 2-4 Tbsp. iron-fortified dry infant cereal <sup>7</sup> <b>and/or</b> 1-4 Tbsp. meat/meat alternate <sup>7, 10</sup> |                          |              |                |               |             |
|             |                                                             | 0-3 Tbsp. fruit/vegetable ( <b>optional</b> ) <sup>6</sup>                  | 1-4 Tbsp. fruit/vegetable <sup>7</sup>                                                                               |                          |              |                |               |             |
| PM<br>Snack | 4-6 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 4</sup> | 4-6 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 4</sup>                 | 2-4 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 5</sup> or fruit juice <sup>8</sup>                              |                          |              |                |               |             |
|             |                                                             |                                                                             | 0-½ slice bread or 0-2 crackers <sup>9</sup> ( <b>optional</b> ) <sup>6</sup>                                        |                          |              |                |               |             |
| Supper      | 4-6 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 4</sup> | 4-8 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 5</sup>                 | 6-8 oz. breast milk <sup>1, 2</sup> or IFIF <sup>3, 7</sup>                                                          |                          |              |                |               |             |
|             |                                                             | 0-3 Tbsp. iron-fortified dry infant cereal ( <b>optional</b> ) <sup>6</sup> | 2-4 Tbsp. iron-fortified dry infant cereal <sup>7</sup> <b>and/or</b> 1-4 Tbsp. meat/meat alternate <sup>7, 10</sup> |                          |              |                |               |             |
|             |                                                             | 0-3 Tbsp. fruit/vegetable ( <b>optional</b> ) <sup>6</sup>                  | 1-4 Tbsp. fruit/vegetable <sup>7</sup>                                                                               |                          |              |                |               |             |

<sup>1</sup> Breast milk or formula or portions of both may be served. It is recommended that breast milk be served in place of formula from birth through 11 months.

<sup>2</sup> Breastfed infants who regularly consume less than the minimum amount of breast milk per feeding may be offered less, with additional breast milk offered if the infant is still hungry.

<sup>3</sup> IFIF = Iron Fortified Infant Formula (All IFIF must meet CACFP Requirements. See *Allowable Infant Formulas for the CACFP.*)

<sup>4</sup> Formula must be provided by either the center/day care home or parent. Reimbursement may be claimed for meals containing parent-provided formula as the only component if the meal is fed to the infant by the caregiver.

<sup>5</sup> Formula must be provided by either the center/day care home or parent. Reimbursement may be claimed for meals containing parent-provided formula as the only component if (1) the infant is not yet developmentally ready for the optional meal component(s); and (2) the meal is fed to the infant by the caregiver.

<sup>6</sup> A serving of this component is required only when the infant is developmentally ready to accept it. If optional foods are required, reimbursement may be claimed for meals containing parent-provided components when the center/day care home provides (pays for) at least one component; and a complete meal, i.e., all of the components that the infant is developmentally ready to accept, is supplied between parent-provided and facility-provided components.

<sup>7</sup> For 8 through 11 months, reimbursement may be claimed for meals containing parent-provided components when (1) the center/day care home provides (pays for) at least one component; and (2) a complete meal, i.e., all of the components that the infant is developmentally ready to accept, is supplied between parent-provided and facility-provided components.

<sup>8</sup> Full-strength fruit juice must be served.

<sup>9</sup> Made from whole-grain or enriched meal or flour.

<sup>10</sup> Meat or meat alternates include: 1-4 Tbsp. meat, fish, poultry, egg yolk, cooked dried beans or peas; ½-2 oz. cheese; 1/8-½ cup cottage cheese; 1-4 oz. cheese food or cheese spread.